



# **Creativity, Spirituality, and Mental Health: Exploring Connections (Ashgate New Critical Thinking in Religion, Theology and Biblical Studies)**

*Kelley Raab, Dr Mayo*

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This book emphasizes the integral connections between imagination, creativity, and spirituality and their role in healing. First, the author highlights the work of a neglected yet important psychoanalyst, Marion Milner - a painter and undeclared mystic - expanding her work on creativity, mysticism, and mental health. Second, she explores imagination and creativity as expressed in fostering hope and in spiritually-oriented therapies, particularly for mood, anxiety, and eating disorders - offering practical application of studies in imagination and the arts. Raab Mayo concludes that both creativity and the potential for transcendence are inherent in the human psyche and can work as allies in the process of recovery from mental illness.

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